



UNSWAMPING A CANOE



FLAT WATER

SHALLOW WATER - EMPTYING CAPSIZED CANOE

1. Raise one end of the canoe to the water's surface.
2. To break the water's suction, push down on opposite end of canoe while lifting 1 gunwale.
3. With canoe still upside down, raise canoe out of water with help from a partner lifting the opposite end.
4. After allowing canoe to drain for several seconds, roll it upright.
5. Walk the canoe to shore.

DEEP WATER - RE-ENTERING CANOE

1. Place hands on both gunwales or on floor of the widest section of the canoe, depending on arm length and strength.
2. Press down with both hands, and using a strong kick, lift your body up until your hips are across the nearest gunwale.
3. Roll onto your back and sit on the bottom of the canoe before bringing your legs in.
4. Even swamped canoes float. Hand paddle canoe to retrieve gear and use canoe paddles or hands to paddle canoe to shore.

MOVING WATER

IF YOU'RE WITH THE CANOE

1. Stay on the upstream side of the canoe to prevent entrapment of your body between the boat and downstream obstructions.
2. Swim or wade boat to nearest safest shore, using tow rope to pull it behind you.
3. NEVER stand up in current until you are in water less than knee deep. Your foot could get caught under an obstacle and trap you underwater.

IF YOU'RE SEPARATED FROM CANOE

1. Worry about catching up to the canoe when you reach calm water.
2. Flip onto your back and point your feet downstream to act as shock absorbers from any obstructions you might meet.
2. NEVER stand up in current until you are in water less than knee deep. Your foot could get caught under an obstacle and trap you underwater.

ALWAYS WEAR A LIFEJACKET & DON'T BOAT ALONE